

# Standardized Recipe Form - - Child Care

Recipe Name \_\_\_\_\_ Category \_\_\_\_\_ Recipe # \_\_\_\_\_

Ingredients	For _____ Servings		For _____ Servings		Directions: Include <i>step by step instructions</i> .
	Weight	Measure	Weight	Measure	

Serving Size \_\_\_\_\_ Pan Size \_\_\_\_\_

**Oven Temperature & Baking Time:**

Yield \_\_\_\_\_ Number of Pans \_\_\_\_\_

Temperature \_\_\_\_\_ Minutes \_\_\_\_\_

Conventional \_\_\_\_\_

## Meal Component Fulfillment (Based on Serving Size)

Serving Size: \_\_\_\_\_

\_\_\_\_\_ Meat/Meat Alternative  
 \_\_\_\_\_ Fruit  
 \_\_\_\_\_ Vegetable  
 \_\_\_\_\_ Grains/bread

Meal Pattern Breakfast  
 3-5 yr. old  
 ¾ cup milk (6 ounces)  
 ½ cup fruit/vegetable  
 ½ oz. grain/bread

Meal Pattern Lunch  
 3-5 yr. old  
 ¾ cup milk (6 ounces)  
 ¼ cup fruits/vegetables  
 ¼ cup fruits/vegetables  
 ½ oz. grain/bread  
 1 ½ oz. meat/meat alt

Meal Pattern Snack  
 3-5 yr. old  
 (Serve 2 of 4 components)  
 ½ cup milk  
 ½ cup fruit/vegetable  
 ½ oz. grain/bread  
 1 oz meat/meat alt